

Variable	Mean	SD	Min	Max
Age	35.2	12.5	18	65
Gender	Male	10.1	0	20
Marital status	Married	15.3	0	30
Education	High school	12.4	0	25
Income	\$25,000	18.7	0	50
Health status	Good	14.2	0	30
Exercise frequency	Weekly	11.5	0	25
Stress level	Low	13.8	0	30
Sleep quality	Good	12.9	0	25
Dietary habits	Healthy	11.7	0	25
Work-life balance	Good	13.1	0	30
Family support	High	14.5	0	30
Community involvement	Active	12.3	0	25
Life satisfaction	High	15.6	0	30
Overall well-being	Good	14.8	0	30

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